

**Table:** Search strategy for PubMed

Database	Search Strategy
PubMed	("obes*"[All Fields] OR "weight gain*"[All Fields] OR "weight loss"[All Fields] OR "body mass ind*"[All Fields] OR "adipos*"[All Fields] OR "overweight"[MeSH Terms] OR "overweight"[All Fields] OR "overweighted"[All Fields] OR "overweightness"[All Fields] OR "overweights"[All Fields] OR "over weight"[All Fields] OR "overload syndrome*"[All Fields] OR "overeat*"[All Fields] OR "over eat*"[All Fields] OR "overfeed*"[All Fields] OR "over feed*"[All Fields] OR "weight cycling"[All Fields] OR "weight reduc*"[All Fields] OR "weight los*"[All Fields] OR "weight maint*"[All Fields] OR "weight decreas*"[All Fields] OR "weight watch*"[All Fields] OR "weight control*"[All Fields] OR "weight gain*"[All Fields] OR "weight chang*"[All Fields]) AND (bloodletting[All Fields] OR blood-letting[All Fields] OR "blood-letting"[All Fields] OR cupping[All Fields] OR moving cupping[All Fields] OR ventouse[All Fields] OR venesection[All Fields] OR "spilled blood"[All Fields] OR phlebotomy[All Fields]) AND ("randomized controlled trial"[All Fields] OR "controlled clinical trial"[All Fields] OR "random*"[All Fields] OR "placebo"[All Fields] OR "trial"[All Fields])